

## 6 Pack Back

This is a great progression for the TVA exercise. You can perform this exercise over the corner edge of a table or a stability ball. Begin by "setting your scapulae" in the proper position.



(1) Perform a posterior deltoid row by pulling your arms even with your body and keeping your shoulder blades pinched together.



(2) Externally rotate both of your arms to a comfortable position while maintaining proper shoulder blade position.



(3) Pull your shoulder blades and your arms down together down.



(4) While maintaining scapular depression (keeping your shoulder blades pulled down) raises your arms above your head to a comfortable position.



(5) Lower your arms down again to shoulder level by initiating scapular depression.



(6) Lower your arms back down to the floor to the starting position and repeat exercise as prescribed.